

Welcome to the City of Goodyear Aquatics Summer Dive Team

Goodyear Pool
430 E. Loma Linda Blvd
Goodyear, AZ 85338
(623) 932-4809

Recreation Office
3075 N. Litchfield Road
Goodyear, AZ 85395
(623) 882-7525

The Goodyear Sharks 2016 Dive Team Packet



Congratulations & Welcome! You are now a member of the Goodyear Sharks Dive Team! The information contained in this packet will introduce you the Goodyear Sharks Team and the AKD (Arizona Kids' Diving) League. Please read this entire team packet before starting practice. We look forward to working with your diver(s) and family throughout this season!

General Information

Goodyear Sharks Dive Team is a seasonal recreation dive program for ages 4 to 18 years old. Participants should be familiar with all four competitive strokes (Freestyle, Backstroke, Breaststroke and Butterfly) and should be able to swim at least 25 yards without assistance. Practices are held Monday thru Friday, except on holidays and swim meet days. This program focuses on a fun competitive swimming environment with lots of hard work.

Prices: Resident Fee: \$59.00
Non-Resident Fee: \$79.00
On-Line Registration Discount: \$10.00
Sibling discount \$5.00

Practices Times and Guidelines: Stretching & attendance begins immediately at the beginning of practice. Divers will **NOT** be able to enter the water until the coaches and lifeguards are present. No practices May 30th.

Reminders: No practice held on Memorial Day, Monday May 30th. **Friday morning are practice meets, and the times are as follows: 7:00-8:00 am 11-Under; 8:00-9:00 am 12-Up.**

May 16 – May 27 (Afternoon practices)

4:00 – 5:00 PM (4 – 7 yrs.)
5:15 – 6:00 PM (8 – 11 yrs.)
6:15 – 7:30 PM (12 – Up)

May 31 – June 9 (Morning practices Mon -Thurs)

6:30 – 7:45 AM (8 -11 yrs.) Intermediate/Advanced
8:00 – 9:00 AM (4 – 7 yrs.) Novice/Beginner
9:15 – 10:30 AM (12 & Up) Advanced/Elite

What to bring to practice:

- Swimsuit
- Shammies
- Reusable water bottle



- Sunscreen
- Flip flops/some sort of shoe
- Towel

Team Suits:

Team suits are available for purchase but are not mandatory. You may purchase suits during the suit fitting, or online at www.eastvalleysports.com or call East Valley Sports at (480) 832-8172.

Prices: Girls Suit (both Maxi & Diamond Back Styles): \$56.00
Boys Jammers: \$45.00
Boys Racer (Preferred for Dive) \$40.00
All prices includes tax

East Valley Sports will hold a suit fitting at the Goodyear Pool on the following date:



Thursday, May 28 from 3:30 -7:00 pm, during practice.

Note: Suits ordered online by midnight-May 20th will be delivered on May 28th (at our suit fitting). A Fit-Kit will be at the team table during practice starting May 18th.

Shammies: Are recommended but not required. Shammies are used to dry off and rid water before towel. Coach Webb will have tie-dyed shammies available for \$10.00 each.

Daily Practice: will feature a different form of workout in accordance with our regular board work

Monday
Physical
Training
Gym shoes

Tuesday
Dive
Gymnastics

Wednesday
Underwater
Workout
goggles

Thursday
Shallow Water
Workout
goggles

Friday
Practice
Meet

Cancelled Practice: Practices may be cancelled due to thunder, lighting, water contamination, clarity or injury. If you drop your child off at practice please make sure they know how to get a hold of you to be picked up if practice ends early.

Supervision: Only registered divers are allowed into the pool during dive team practice and meets. If your child was just signed up, please bring your receipt the first day of their practice. Parents are encouraged to attend practices to watch their children; however parents and sibling(s) must remain in the Snack Bar Area or on the bleachers located on the east side deck as not to obstruct coaching or lifeguards' view of the pool. Parents are responsible for keeping track of any siblings that may accompany them. Lifeguards and coaches are not responsible for watching those children not participating in Dive Team.

Food and Beverage: Food and beverages are permitted in the designated Snack Bar Area. Please restrict consumption to this area **only**. Note: Glass and smoking is not permitted in any aquatics facility.

Team Communication Mechanisms

Communication of information is an essential element to a successful season. Please do your part by reading this packet in its entirety as well as attending the mandatory parents meeting, reading the team email blasts and checking the team board. Below are the main methods of communication throughout the busy seasons.

- **Coaches** – Coach Webb is available by appointment or after practice to talk about the season, answer questions, discuss your child's performance and other upcoming events or activities.
- **Team Board**- We will have a team board with important information posted. Please check the board daily for current information.
- **Website** – Please visit www.goodyearaz.gov/rec, navigate to Aquatics, then Swim Team, click on the Registration link to sign in.
- **Emails** - Due to the size of the team the most frequent form of communication will be email. Emails will be sent out weekly regarding information on upcoming events, meets, activities and any other items of importance. Please make sure your email and phone number are updated when registering.



Parents Meeting – Attendance at one Parents Meeting is **mandatory!** See dates below. Coach Webb will discuss the upcoming meet schedule, importance of volunteering, participation in the Grand Canyon State Games, AKD-Finals and give you an opportunity to ask questions about the upcoming season.



- Pre-Season Meeting, Thursday, May 12th at 5:30 pm @ Pool Snack Bar Area (Bleachers)
- Thursday, May 26th at 5:30 pm @ Pool Snack Bar Area (Bleachers)

Problems and Concerns

Most problems or concerns can best be solved at the source. Please approach a coach by appointment or after practice to discuss any issues, concerns or problems. You may not interrupt to discuss an individual diver's problem or concern. A common communication gap can occur if a parent feels more comfortable discussing a disagreement over coaching philosophy with other parents rather than resolving it directly with the coach. Not only is the problem never solved, but in fact this approach often creates new problems. Listed below are some guidelines for how a parent should raise difficult issues with a coach:

- Try to keep in mind that you and the coach have the best interest of your child at heart.
- Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team. Sometimes the interest of an individual may be subordinate to the interest of the team or group.
- If another parent uses you as a sounding board for complaints about a coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. The coach is ultimately the one who can help resolve the problem.
- After you have spoken to the Head Coach and you are not satisfied with the response, you may contact the Pool Manager.

For Parents

Parents are the backbone of our team as they drive the diver(s) to practices, activities and meets. They volunteer to work at all our home and away meets and are involved in other matters that support the team. Parents should encourage their diver(s) and give positive support. Please stay clear of comments like "perfect" or "flawless" as the sport of diving is subjective. All help, suggestions and support are greatly appreciated by the coaches and staff.

- We want your diver to establish a constructive relationship with his or her coach concerning all dive matters. A good relationship between coach and diver produces the best results for both the diver and the team. When parents interfere with a coaches opinion as to how the diver should train or dive, it can cause considerable confusion for the diver. If you have a problem or concern involving your diver, please contact the coach immediately. The coaches are the absolute authority in all matters of dive schedules, diver development, and participation in meets.
- Always offer encouragements; never lecture your child about a performance. You will make them feel worse than they already do. Let your divers discuss the competition with their coach. Always give support and encouragement to do better next time.
- A coach or team can be supported or ruined in the eyes of a diver by his/her parent. Never complain about the number of hours your child puts in each day at practice or the coaching staff. Rather, make them feel that it is worthwhile and that you respect the coaches. Remember, anything worthwhile requires sacrifice.

Expectations

As part of the Goodyear Sharks Team all participants, parents, guest & spectators will be expected to follow the Code of Conduct listed below. As well as follow all posted pool rules, cooperate with lifeguards, coaches and pool staff. Please have a positive attitude when attending practices, meets and participating in team activities.

- I understand that the goal of this summer dive league is to support childhood growth and development through dive – the fundamental techniques will be emphasized, with focus on sportsmanship, teamwork and having fun.
- I understand gossip and use of profane/abusive language or gestures is considered unsportsmanlike conduct and will not be permitted or tolerated.
- I will make every effort to discuss any concerns or take suggestions to the coaching staff or pool management before approaching the Recreation Coordinator, Supervisor or Director. The coaching staff is open to all suggestions and ideas and would love to hear feedback from their parents. Please approach the coaching staff at an appropriate time (not during dive meets or practice).

- I will not coach or instruct the team or any diver including my own; at practice or meets (from the stands, deck or any other area) or interfere with the coaches.
- I understand that officials who judge meets are volunteers, who have the best interest of all divers in mind. I may not agree with some of the scores or decisions made by an official during the dive meets, and if so, I will direct all questions or concerns with the Head Coach at an appropriate time, so as not to interfere with the progress of the meet or other diver's performance.
- I understand that participation by my child in diving is voluntary. Participation in meets and events shall not be forced.
- I understand that coaching staff will make final decisions for the dive sheets.



Additional Information

Separate Registration Fees

Grand Canyon State Games: I have the pleasure of being the Dive Commissioner my 11th year for the Grand Canyon State Games (GCSG). As in the past, preparation for these games is our first big meet for the season is a priority. The fees for GCSG consist of \$20.00 for one event, \$15.00 for an additional event and maximum for four (4) events \$40.00, for both **Competitive** (USD-JO, AAU-JO & Advanced Park & Rec) and **Novice** (USD-FC, AAU Novice & Novice/Intermediate Park and Rec.). More information to come, as it becomes available. This will be discussed in depth at the Parent's meetings.

Rocky Mountain State Games: We have participated in the Rocky Mountain State Games in the past as this meet is scheduled for the last week in July prior to school starting. It turns out to be a wonderful experience of a dual rivalry between Colorado and Arizona, in which we usually bring home a lot of gold, silver and bronze medals. Colorado Springs has been the location for the State Games of America in the past, although for the past four years these games have been held elsewhere and did not include dive as one of the events, so we continued to participate in Colorado's games. This meet, much like our own Grand Canyon State Games requires entry fees, and offers only 1 & 3-meter events both Junior (Advanced) and Novice events. More information to come as it becomes available and this too will be discussed at the Parent meeting.

3-Meter Practice Fee: 3-meter practices will be available for an additional fee. These practices are for divers who meet the qualifications of Advanced (Red) or Elite (Blue). Intermediates (Yellow) may qualify for 3-meter practice with the Coach's recommendation. Intermediate (Yellow) divers who wish to participate must **request permission** from Coach Webb before attending practice. Dates and times to be announced.

Dive Invitational and Finals

Dive meets are held for the enjoyment of the children. Dive meets teach sportsmanship and discipline while our athletes develop their competition skills. These characteristics combined together result in team spirit; working together for a common goal. Parental support through active participation in meets and events helps to reinforce those life skills. It is recommended that divers participate in every meet, but please let a coach know which meets you won't attend by the Wednesday before the meet. The meet format is set up as an Invitational Meet with all age groups competing and each age group divided by ability (Novice – Competitive) The difference between these designations:

- Novice Divers will be required to perform 6 dives with combination of Skills, Voluntary dives and Optional dives, as per the SKILLS BANK.
- Competitive Divers will be required to perform only degree of difficulty dives in the required amount with the five groups represented for their designated age group.

The 9-Under age groups are scheduled for competition first and have the 7:00 am check-in and warm up with competition beginning at 8:00 am. Traditionally, competition usually runs for 1 hour. The 10-Over age groups most generally check-in

and warm-up at 9:00 am and begin competition by 10:00 am. This way, competitions, awards and clean up can be accomplished by noon. This schedule is based on typical numbers from the past and could be adjusted if numbers greatly increase or decrease.

What to Expect: Please plan to arrive at the pool at the designated check-in/warm-up time. This way you have time to find a place to sit, pop up your tent and gather your swimming items. Coaches will call for warm-ups which last anywhere from 15-30 minutes. Shortly after all teams have warmed up the meet should begin. Please sit in the team area so when coaches and volunteers call for events divers are readily available and don't miss their events.

What to bring: Dive Meets are usually more than a couple of hours in the sun. Preparing for meets can sometimes feel like packing for a weekend trip. Listed below are some highly recommended items to bring to a dive meet.

- Shammie
- Swimsuit
- Towels (more than one is suggested)
- Sun block
- Water



- Healthy snack
- Blanket or lawn chairs to sit
- Entertainment items to pass time; cards, games, toys etc.
- Cooler with lots of water
- Tent, Tarp, Umbrella (shade)
- Hand held misting systems/bottles

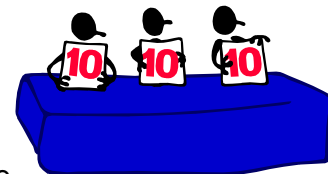
Team Area: At every meet there will be a designated team area for the Goodyear Sharks, marked by our team banner. Please sit in this area to receive the vital information regarding warm-ups, upcoming events and any other information. Coaches and volunteers will only go to the team area to call for events.

Warm-ups and Safety:

Stretching prior to events is mandatory for each participant. This is to ensure optimum performance while competing and prevent pulling or overstretching muscles due to the excitement of the competition. Warm-up should consist of jumps and line-ups (front and back) and at least one time through each of the dives to be performed in the competition. Please note: It is very important to not over warm-up, as this will cause fatigue and rob the diver of peak performance for their event.

Scoring:

Five judges will be used at every competition in order to eliminate the high and low scores. The remaining three scores are added together and multiplied by the degree of difficulty for the dive and that is the "award" for the dive. All the dive awards are added together to obtain the diver's final total and this is used for their placement in the competition, highest score winning.



Failed Dives/Automatic Deductions:

Competitive Dive, like any other sport, has a set of rules and officials to enforce these rules. A panel of five Judges, watch each dive performed and awards a numeric score. If the Referee sees a violation, he or she declares the infraction and instructs the remaining judges how to adjust their score accordingly. Should a dive be failed, the diver continues in the contest but receives a "0" award for that dive only. While it can be disappointing for a beginning diver to "fail" a dive, it is all part of the learning process and is really no different than a foul in basketball or a penalty in soccer.

Finals:

At the current time, **all** divers are qualified to compete in the AKD League Finals. AKD Finals will be held on Friday afternoon, July 8 (All Age Groups Synchro Events) at Goodyear Pool and Saturday morning, July 9 (All age groups 1-meter) at the Goodyear Pool. 7-Up 3-meter events TBD at SW Valley YMCA for same weekend. Divers will only be allowed to dive their events at the time scheduled; divers will not be allowed to dive at an earlier time or with a different age group in order to have their scores included in their event due to schedule conflicts.

Who's Who?

Running a team of this size takes the help of every parent. Ideally, it takes up to 24 adults to run a dive meet to ensure a smooth and successful event. Please be assured that no matter what job you volunteer for, you will be able to watch your child dive! The meets will not be able to start until we have enough volunteers. One adult from each family will be expected to volunteer throughout the summer. Volunteer training will be provided. A list of volunteer positions along with a brief explanation is included below.

AKD LEAGUE COACH AND PARENT CLINIC/ TRAINING

Saturday, June 4, 2016
8:00 am – 12:00 pm

Goodyear Pool
430 East Loma Linda Blvd.
Goodyear, AZ 85338
(623) 932-4809
Certificates of Completion will be awarded.



Practice Meet
10:00 – 12:00

All divers will compete 3 dives only for the purpose of being scored and experiencing a “real feel” for competition without the pressure.

Positions needed per Dive Meet:

- **(2) Announcer:** Announces order of divers, the Divers name, Diver on deck, dive to be performed and reads off judges' scores.
- **(2) Scribe:** Writes down the scores the Announcer calls off and crosses out the high and low scores, hands dive sheet to 2nd Scribe. Second scribe adds three remaining scores together and marks total down in designated “total” box; hands dive sheet to Tabulator.
- **(2) Tabulator:** Takes the “total” amount and multiplies it by the Degree of Difficulty and marks the total score for the dive in the “award” column, adds new award to the previous award for running total.
- **(1) Head Scorekeeper:** Marks down the judges' scores on mitered sheets and double checks matches with dive sheets and then double checks the math. Places dive sheet upside down in pile to maintain proper order and hands back to Announcer, ready for next round. When event is complete, determines placement of the contestants and delivers the dive sheets to Awards.
- **(2) Awards:** On forms provided for each meet, tallies placement of divers with team affiliation and total score in order for all events completed. Ribbons are then stapled to original dive sheets and placed in reverse order for presentation. Assists Coach/Meet Director with handing out awards.
- **(2) Team area monitors** – Helps monitor the children that have parents volunteering and makes sure that divers are ready for warm-up prior to their dive event.
- **(2) Event Coordinators** – These individuals assist in lining up the divers in order and keep them in order in between rounds. Only required for the 9-Under age groups.
- **(10) Judges:** Each event requires a five judge panel and usually two events are run at the same time. This panel will be made up from individuals representing all the teams in the league and will need to have completed the **AKD LEAGUE COACHES & PARENTS CLINIC** in order to be considered a judge.

Water Donations:

Please donate one case of water per family for the season of dive meets. The water will be made available for the volunteers and coaches during the meet.

Other opportunities: There will be a sign up for other areas to volunteer which include:

- Volunteer Coordinator
- Setting up & tearing down for the banquet/party
- Collecting pictures and creating a slide show
- Goodie bags for the pool party
- Games for the pool party
- Help with decorating and banquet programs.
- Team Program



AKD Rules & Regulations

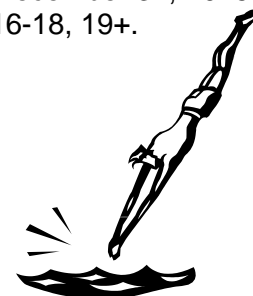
The purpose of the AKD League shall be to provide a summer recreational program which teaches training and skills to provide a level of competitive diving. Teams included in the AKD League to date are: Goodyear Sharks, Southwest Valley YMCA Mighty Mahi and Dive Neptune of Glendale.

Eligibility

- The age group of a diver in the league shall be determined by his or her age as of December 31, 2015 of that season. Ages are grouped as followed: 3-5, 6-7, 8-9, 10-11, 12-13, 14-15, 16-18, 19+.

SKILLS BANK:

100	A, B, C	FRONT JUMP
200	A, B, C	BACK JUMP
5301, 5102, 5104	A, B, C	FRONT JUMP W/TWIST
5201, 5203, 5204	A, B, C	BACK JUMP W/TWIST
001	ANY, NO JUMP	FRONT LINE-UP
002	ANY, NO JUMP	BACK LINE-UP



- TIER 1:
 - Level 1: 6 Dives – 6 Skills from Skill Bank
 - Level 2: 6 Dives – 1 Dive, 5 Skills from Skill Bank
 - Level 3: 6 Dives – 2 Dives, 4 Skills from Skill Bank
 - Level 4: 6 Dives - 3 Dives, 3 Skills from Skill Bank
- TIER 2:
 - Level 5: 7 Dives – 3 Skills, 2 Voluntary dives, 2 Optional dives
 - Level 6: 7 Dives – 2 Skills, 3 Voluntary dives, 2 Optional dives
 - Level 7: 7 Dives – 1 Skills, 3 Voluntary dives, 3 Optional dives
 - Level 8: 7 Dives – 0 Skills, 4 Voluntary dives, 3 Optional dives
- High School Format: 1 Voluntary dive, 5 Optional dives
5 Voluntary dives, 6 Optional dives
- Level of Competition:
 - Novice: Any level with Skills from Skill Bank
 - Competitive Required number of dives specified for age group

Dive Meets

- Each team will be conducting an invitational style meet which will include both Novice and Advanced events for all age groups. 9-Under will be 7:00 am till 9:00 and Advanced will be from 9:00 till 12:00. Events offered will be 1-meter, 1-meter synchro and/or 3-meter. These meets are scheduled on Friday mornings (Neptune), Saturday mornings (Goodyear), or Sunday mornings (SW Valley YMCA).
- The Grand Canyon State Games is scheduled for Saturday, June 25, with both Competitive and Novices divers competing on one day.
- AKD LEAGUE FINALS (two-day competition Friday morning and Saturday morning/afternoon).

Additional Meet Requirements:

- An unlimited number of divers may compete in each of the age group events from any team. An event will be cancelled from the meet, if there are no participants.
- Each team will be responsible to provide awards for their individual invitational's for places 1 through 6 with Participant ribbons for contestants past 6 places.
- Once a diver finishes their respective dive, they should immediately swim to the ladder or their respective corner and climb out of the pool, prior to the next diver's announced dive. This will help the meet to run smoothly and keeps divers from walking in front of the judges. Remaining in the diving well too long may result in disqualification from the meet.
- Meet check-in will begin at 7:00 am, with warm-ups following the check in. Only divers who have **signed** their dive sheets and have a **coach on deck** will be allowed in the pool. 9-Under events will dive first with 10-Over following. A short warm-up will be provided in between events. All competition is continuous and will be required to be concluded by 12:00/noon. Older divers, who arrive late, take the chance of missing their event.
- Large Invitational(s) such as Grand Canyon State Games and Finals will have more detailed check-in, warm-up and start times available individually. Please check the information board or e-mails for specific information pertaining to these meets.



2016 Dive Meet Schedule



ADK League Coach and Parent Clinic			
All interested Parents League Coaches/Judges Saturday, June 4	Volunteer Training 8:00am – 12:00pm	Guest Speakers: Jerolyn Webb Geli Webb	Goodyear Pool Goodyear, AZ

Meet Schedule			
Date	Division	Events	Location
Saturday, June 11	7am warm-up 8am start	1 - Meter Synchro	Goodyear Pool
Friday, June 17	9am warm-up 10am start	1 – Meter only	Foothills Aquatics Center
Saturday Afternoon or Sunday Morning June 18-19	TBA 7 am warm-up 8 am start	3 – Meter only	SW Valley YMCA
Saturday, June 25 Grand Canyon State Games	1:30 check in 2:00 warm up	1 – Meter 3 – Meter 1 & 3-Meter Synchro	Mona Plumer Aquatics Center Tempe, AZ
Saturday, July 2	BYE WEEKEND	4 TH OF JULY WEEKEND	NO COMPETITION

AKD Finals			
10-Over 9-Under Friday, July 8	4:30 pm warm-up 5:00 pm start	1-Meter Synchro	Goodyear Pool
10-Over 9-Under Saturday, July 9	7am warm-up 8am start	1-Meter Only	Goodyear Pool
OPTIONAL COMPETITION			
Rocky Mountain State Games	TBD		

Meet Locations & Contact Information

Goodyear Pool

430 E. Loma Linda Blvd.
Goodyear, AZ 85338.
Phone: (623) 932-4809

Foothills Aquatics Center

5600 W. Union Hills Dr.
Glendale, AZ 85308.
Phone (623) 930-4600

Southwest Valley YMCA

2919 N. Litchfield Rd.
Goodyear, AZ 85395
Phone: (623) 935-5193

ASU Mona Plumer Aquatic Center

601 S. College Ave.
Tempe, AZ 85281
Commissioner Jerolyn Webb
(480) 280-7218 (cell)
jerolynwebb@ymail.com

Expectations/Code of Conduct

As part of the Goodyear Sharks Swim/Dive Teams, all participants, parents, guests & spectators will be expected to follow the Code of Conduct listed below. As well as follow all posted pool rules, cooperate with lifeguards, coaches and pool staff. Please have a positive attitude when attending practices, meets and participating in team activities.

1. I understand that the goal of this summer Swim/Dive leagues is to support childhood growth and development through Swim/Dive – the fundamental techniques will be emphasized, with focus on sportsmanship, teamwork and having fun.
2. I understand gossip, use of profane/abusive language or gestures, is considered unsportsmanlike conduct and will not be permitted or tolerated.
3. I will make every effort to discuss any concerns or suggestions with a member of the coaching staff or pool management before approaching the Recreation Coordinator or Supervisor. The coaching staff is open to all suggestions and ideas and would love to hear feedback from their parents. Please approach the coaching staff at an appropriate time (not during Swim/Dive meets or practice).
4. I will not coach or instruct the team or any Swimmer/Diver including my own; at practice or meets (from the stands, deck or any other area) or interfere with the coaches.
5. I understand that officials who judge meets are volunteers, who have the best interest of all Swimmers/Divers in mind. I may not agree with some of the calls or decisions made by an official during the Swim/Dive meets, and if so, I will direct all questions or concerns to the Head Swim/Dive Coach at an appropriate time, as to not interfere with the progress of the meet or other Swimmer's/Diver's performance
6. I understand that participation by my child in Swim/Dive is voluntary. Participation in meets & events shall not be forced.

I understand that coaching staff will make final decisions for Swim: relays, finals, and individual races, Dive: entire season's dive sheets.

I hereby agree and promise to abide by the above Code of Conduct set down by the Goodyear Swim and Dive Program Administrators.

Parent (Print)

Parent (Print)

Parent Signature

Parent Signature

_____, 2016
Date

_____, 2016
Date